



STRATEGIC PARTNERS

# FIT GUIDES & SIZE CHARTS





STRATEGIC PARTNERS

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♥ heartsoul ♥

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**CHEF**

GARMENT FIT  
GUIDE MATRIX

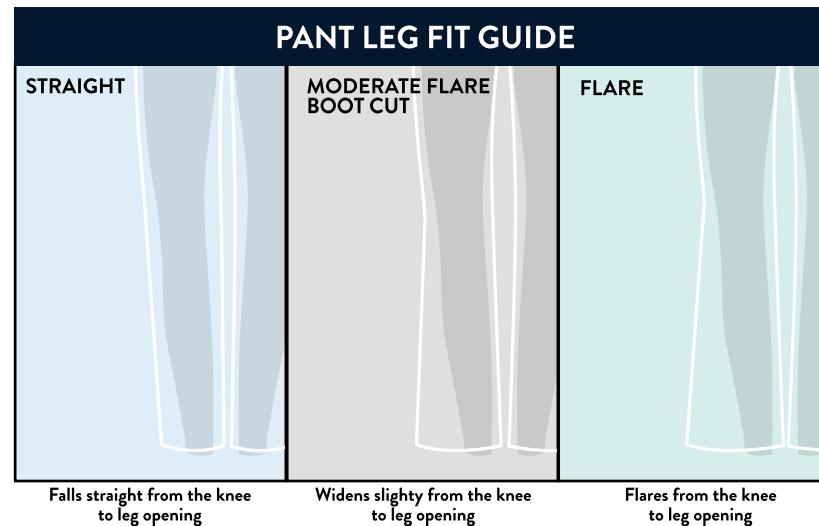
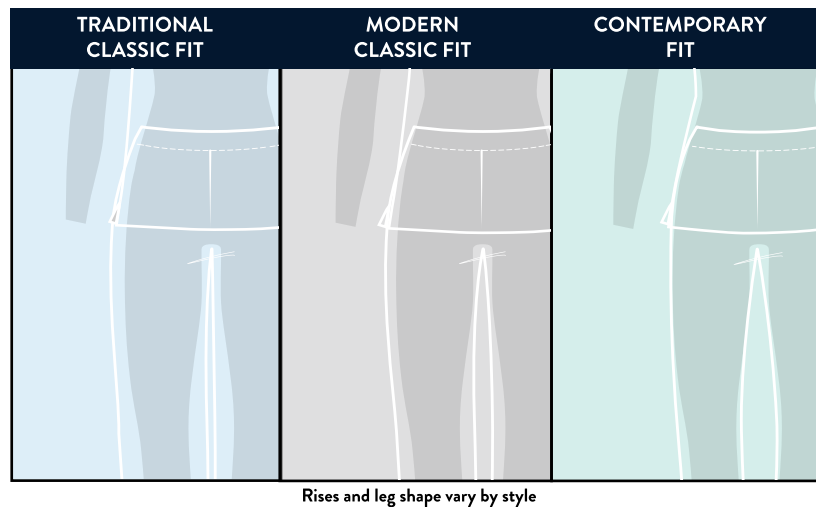
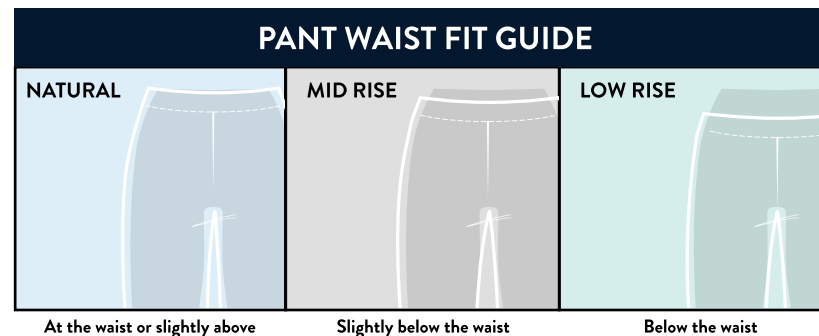
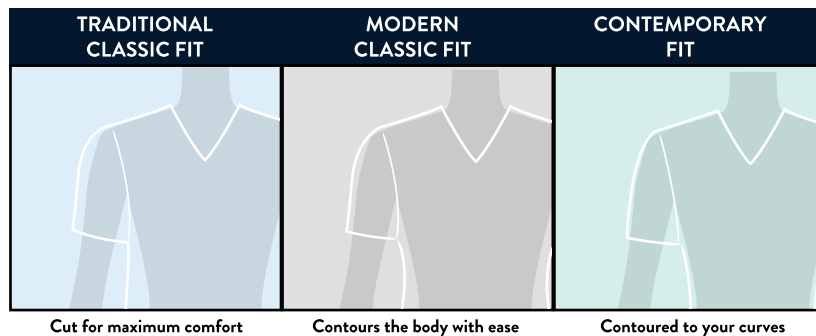
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# Garment Fit Guide: Women

CHEROKEE<sup>®</sup>  
— MEDICAL —  
UNIFORMS



## Size Chart: Women

CHEROKEE  
— MEDICAL —  
UNIFORMS

All measurements are in inches.



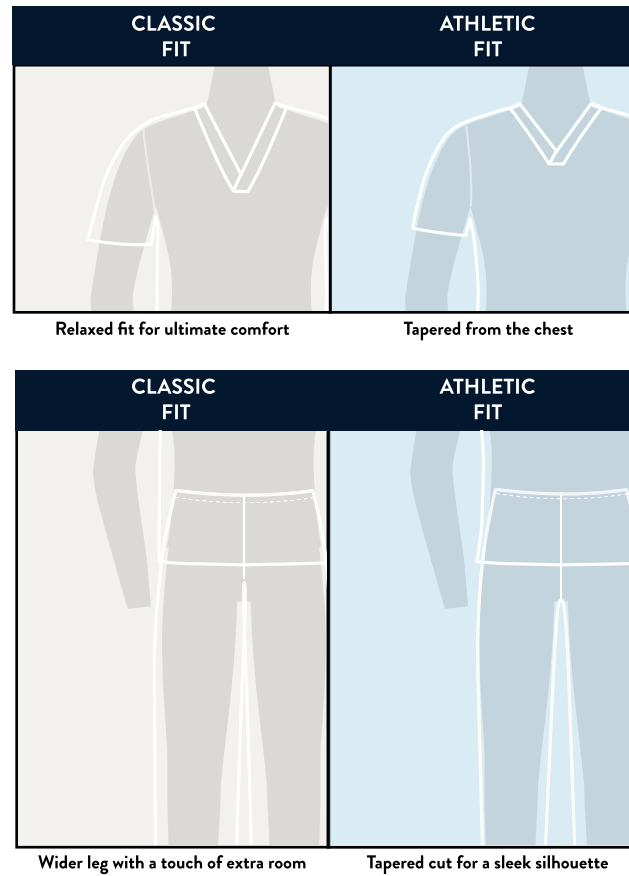
Traditional Classic Fit/Modern Classic Fit/Contemporary Fit/Maternity

	Size	Bust	Waist	Hip
<b>XXS</b>	0	31-32	23-24	33-34
<b>XS</b>	2-4	33-34	25-26	35-36
<b>S</b>	6-8	35-36	27-28	37-38
<b>M</b>	10-12	37-39	29-31	39-41
<b>L</b>	14-16	40-43	32-35	42-45
<b>XL</b>	18-20	44-47	36-39	46-49
<b>2XL</b>	22-24	48-51	40-43	50-53
<b>3XL</b>	26-28	52-55	44-47	54-57
<b>4XL</b>	30-32	56-59	48-51	58-61
<b>5XL</b>	34-36	60-63	52-55	62-65
<b>Inseam:</b>	Regular: 30	Petite: 27½ - 28½	Tall: 33-34	

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

## Garment Fit Guide: Men & Unisex

CHEROKEE<sup>®</sup>  
— MEDICAL —  
UNIFORMS



# Size Chart: Men & Unisex

CHEROKEE  
— MEDICAL —  
UNIFORMS

All measurements are in inches.



CHEST

WAIST

HIPS

INSEAM

Measure under the arms around the fullest part of the bust/chest.

Measure under the natural waistline, loosely holding the tape measure.

Standing with feet together, measure around the fullest part of the hips.

Measure along the inside of the leg, from just below the crotch to 1" below the ankle.

## Classic Fit/ Athletic Fit

	Chest	Waist	Hip
<b>XXS</b>	29-31	22-24	29-31
<b>XS</b>	32-34	25-26	32-34
<b>S</b>	35-37	28-30	35-37
<b>M</b>	38-40	31-33	38-40
<b>L</b>	41-44	34-37	41-44
<b>XL</b>	45-48	38-41	45-48
<b>2XL</b>	49-52	42-45	49-52
<b>3XL</b>	53-56	46-49	53-56
<b>4XL</b>	57-60	50-53	57-60
<b>5XL</b>	61-64	54-57	61-64

**Inseam:** Short: 29-30 Regular: 31-32 Tall: 34-35  
Ultra Tall (Unhemmed): 36

## Kids

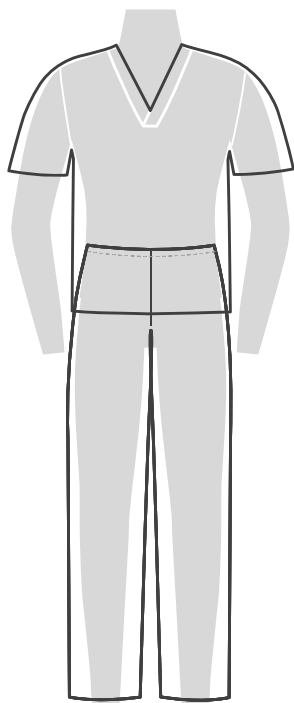
	Age	Chest	Waist	Hip
<b>S</b>	2-5	23-25	21-23	23-25
<b>M</b>	6-8	26-29	24-27	26-29
<b>L</b>	9-11	30-32½	28-30½	30-32½

**Inseam:** Small: 14½ Medium: 19 Large: 23

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

# Garment Fit Guide: Men & Women

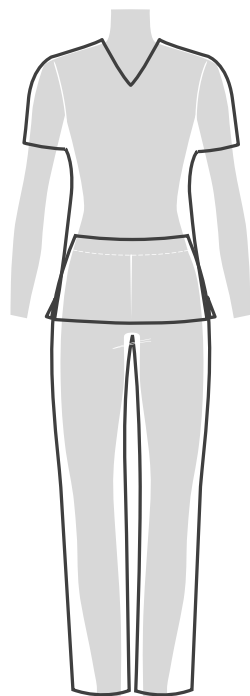
MEN



**CLASSIC FIT**

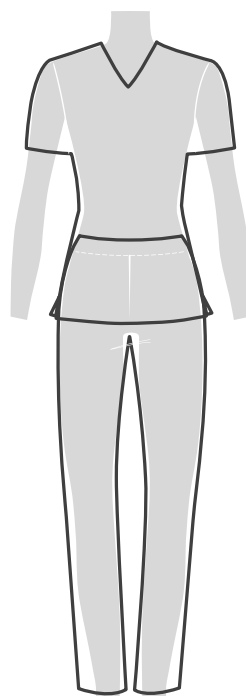
Generously cut for maximum comfort

WOMEN



**MODERN CLASSIC FIT**

Contours the body with ease



**CONTEMPORARY FIT**

Contoured to your curves

NATURAL



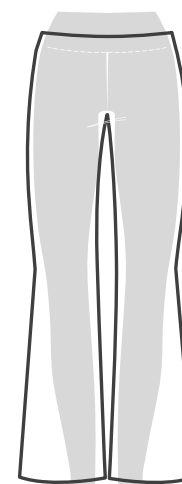
**STRAIGHT**

MID RISE



**MODERATE FLARE**

LOW RISE



**FLARE**

## Size Chart: Women

All measurements are in inches.



	Size	Bust	Waist	Hip
<b>XXS</b>	0	31-32	23-24	33-34
<b>XS</b>	2-4	33-34	25-26	35-36
<b>S</b>	6-8	35-36	27-28	37-38
<b>M</b>	10-12	37-39	29-31	39-41
<b>L</b>	14-16	40-43	32-35	42-45
<b>XL</b>	18-20	44-47	36-39	46-49
<b>2XL</b>	22-24	48-51	40-43	50-53
<b>3XL</b>	26-28	52-55	44-47	54-57
<b>4XL</b>	30-32	56-59	48-51	58-61
<b>5XL</b>	34-36	60-63	52-55	62-65
<b>Inseam:</b>	Petite: 28	Regular: 30½	Tall: 33½	

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
 If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

# Size Chart: Men & Unisex



All measurements are in inches.



## Men

	Chest	Waist	Hip
<b>XS</b>	33-35	24-26	33-35
<b>S</b>	36-38	27-29	36-38
<b>M</b>	39-41	30-32	39-41
<b>L</b>	42-45	33-36	42-45
<b>XL</b>	46-49	37-40	46-49
<b>2XL</b>	50-53	41-44	50-53
<b>3XL</b>	54-57	45-48	54-57
<b>4XL</b>	58-61	49-52	58-61
<b>5XL</b>	62-65	53-57	62-65

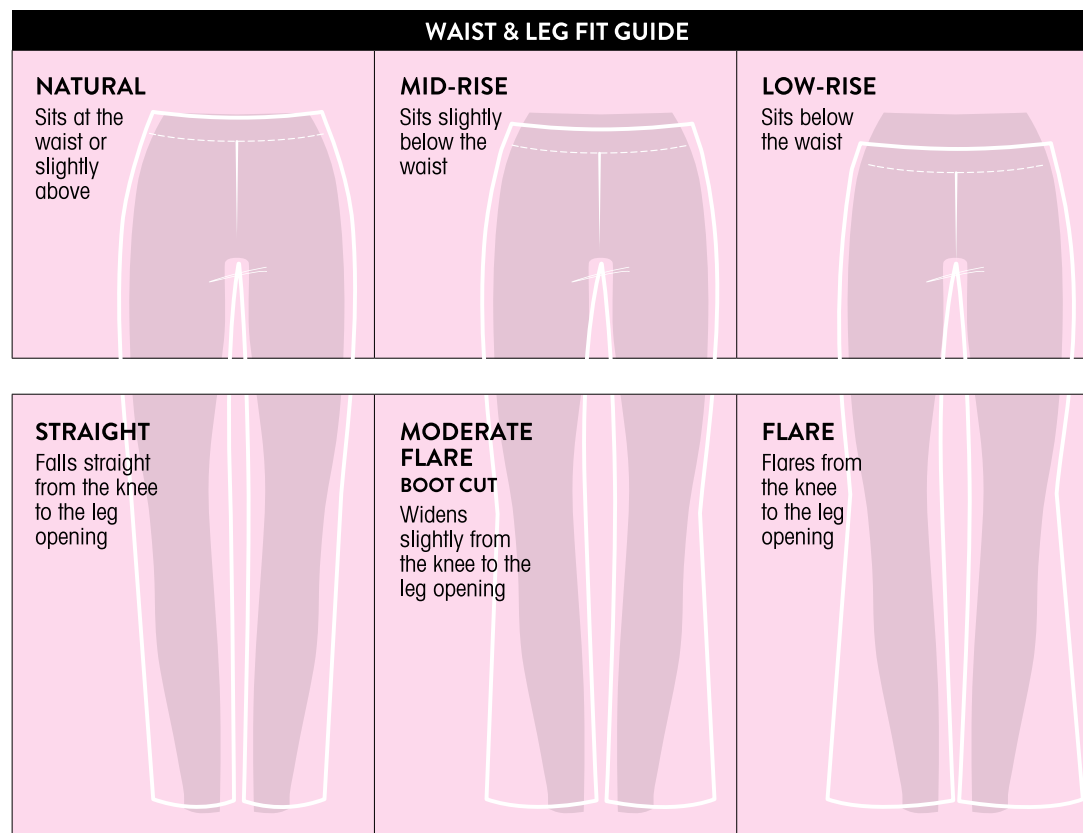
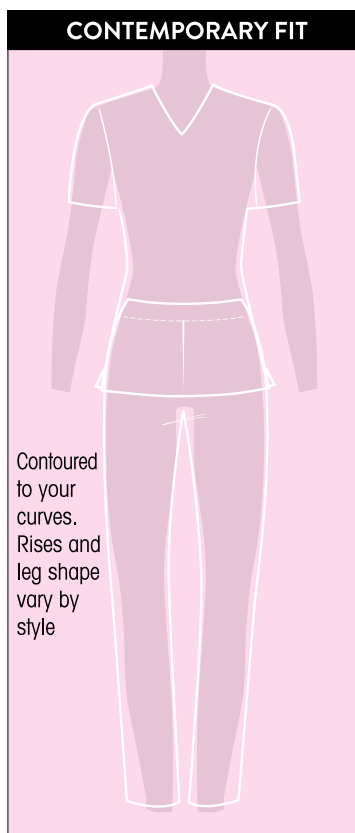
**Inseam:** Regular: 32 Tall: 35

## Unisex

	Size	Chest	Waist	Hip
<b>XS</b>	2-4	33-34	25-26	34-35
<b>S</b>	6-8	35-37	27-29	36-38
<b>M</b>	10-12	38-40	30-32	39-41
<b>L</b>	14-16	41-44	33-36	42-45
<b>XL</b>	18-20	45-48	37-40	46-49
<b>2XL</b>	22-24	49-52	41-44	50-53
<b>3XL</b>	26-28	53-56	45-48	54-57
<b>4XL</b>	30-32	57-60	49-52	58-61
<b>5XL</b>	34-36	61-64	53-57	62-65

**Inseam:** Regular: 31 Short: 28½ Tall: 34

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit. If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.



## Size Chart

♥ heartsoul ♥

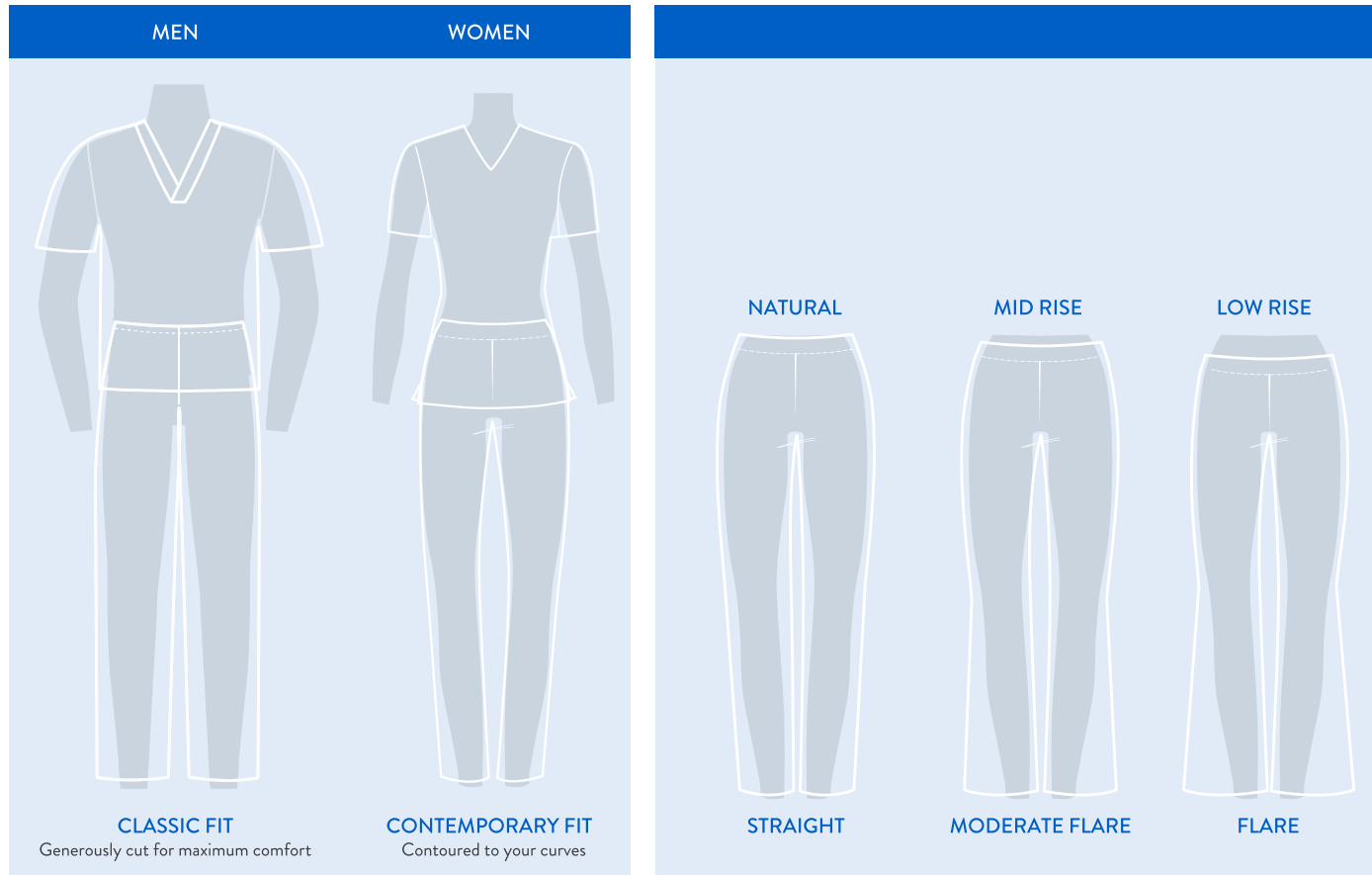
All measurements are in inches.



	Size	Bust	Waist	Hip
<b>XXS</b>	0	31-32	23-24	33-34
<b>XS</b>	2-4	33-34	25-26	35-36
<b>S</b>	6-8	35-36	27-28	37-38
<b>M</b>	10-12	37-39	29-31	39-41
<b>L</b>	14-16	40-43	32-35	42-45
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<b>3XL</b>	26-28	52-55	44-47	54-57
<b>4XL</b>	30-32	56-59	48-51	58-61
<b>5XL</b>	34-36	60-63	52-55	62-65

**Inseam:** Regular: 30 ½      Petite: 28      Tall: 33 ½

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.



## Size Chart: Women



All measurements are in inches.



**BUST**

Measure under the arms around the fullest part of the bust/chest.

**WAIST**

Measure under the natural waistline, loosely holding the tape measure.

**HIPS**

Standing with feet together, measure around the fullest part of the hips.

**INSEAM**

Measure along the inside of the leg, from just below the crotch to 1" below the ankle.

### Contemporary Fit

	Size	Bust	Waist	Hip
<b>XXS</b>	0	31-32	23-24	33-34
<b>XS</b>	2-4	33-34	25-26	35-36
<b>S</b>	6-8	35-36	27-28	37-38
<b>M</b>	10-12	37-39	29-31	39-41
<b>L</b>	14-16	40-43	32-35	42-45
<b>XL</b>	18-20	44-47	36-39	46-49
<b>2XL</b>	22-24	48-51	40-43	50-53
<b>3XL</b>	26-28	52-55	44-47	54-57
<b>4XL</b>	30-32	56-59	48-51	58-61
<b>5XL</b>	34-36	60-63	52-55	62-65

**Inseam:** Regular: 30-31      Petite: 27 - 28      Tall: 33-34

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit. If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

## Size Chart: Men/Unisex



All measurements are in inches.

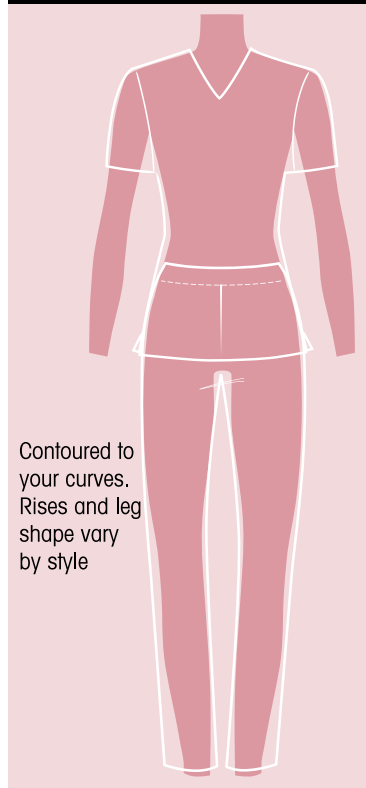


	Chest	Waist	Hip
<b>XXS</b>	29-31	22-24	29-31
<b>XS</b>	32-34	25-27	32-34
<b>S</b>	35-37	28-30	35-37
<b>M</b>	38-40	31-33	38-40
<b>L</b>	41-44	34-37	41-44
<b>XL</b>	45-48	38-41	45-48
<b>2XL</b>	49-52	42-45	49-52
<b>3XL</b>	53-56	46-49	53-56
<b>4XL</b>	57-60	50-53	57-60
<b>5XL</b>	61-64	54-57	61-64

**Inseam:** Short: 29 - 30 Regular: 31  
Tall: 34-35

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

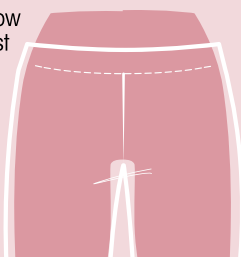
### CONTEMPORARY FIT



### PANT WAIST FIT

#### LOW-RISE

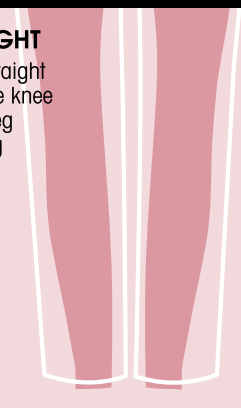
Sits below the waist



### PANT LEG FIT

#### STRAIGHT

Falls straight from the knee to the leg opening



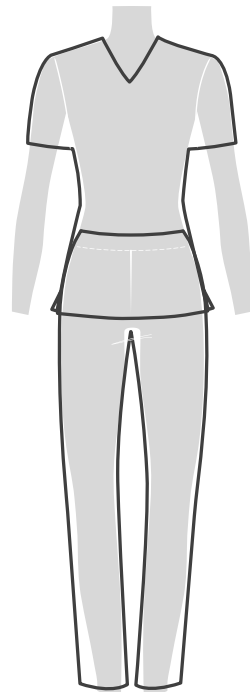
## Size Chart: Women



	Size	Bust	Waist	Hip
<b>XXS</b>	0	31-32	23-24	33-34
<b>XS</b>	2-4	33-34	25-26	35-36
<b>S</b>	6-8	35-36	27-28	37-38
<b>M</b>	10-12	37-39	29-31	39-41
<b>L</b>	14-16	40-43	32-35	42-45
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<b>3XL</b>	26-28	52-55	44-47	54-57
<b>4XL</b>	30-32	56-59	48-51	58-61
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<b>Inseam:</b>	Regular: 30	Petite: 27½ - 28½	Tall: 33-34	

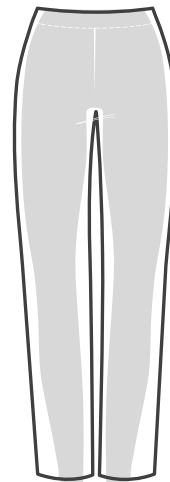
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If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

## Garment Fit Guide: Women



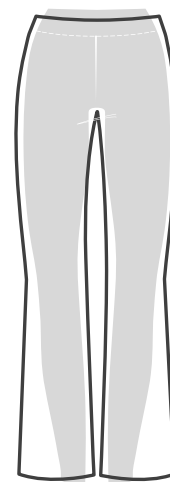
**CONTEMPORARY FIT**  
Contoured to your curves

**NATURAL**



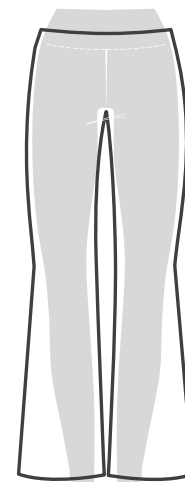
**STRAIGHT**

**MID RISE**



**MODERATE FLARE**

**LOW RISE**



**FLARE**

## Size Chart: Women



All measurements are in inches.



	Size	Bust	Waist	Hip
<b>XXS</b>	0	31-32	23-24	33-34
<b>XS</b>	2-4	33-34	25-26	35-36
<b>S</b>	6-8	35-36	27-28	37-38
<b>M</b>	10-12	37-39	29-31	39-41
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<b>2XL</b>	22-24	48-51	40-43	50-53
<b>3XL</b>	26-28	52-55	44-47	54-57

**Inseam:** Petite: 28      Regular: 30½      Tall: 33½

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

# Size Chart: Women & Men/Unisex



All measurements are in inches.

## Women

	Chest	Waist	Hip
<b>XS</b>	33-35	24-26	33-35
<b>S</b>	36-38	27-29	36-38
<b>M</b>	39-41	30-32	39-41
<b>L</b>	42-45	33-36	42-45
<b>XL</b>	46-49	37-40	46-49
<b>2XL</b>	50-53	41-44	50-53
<b>3XL</b>	54-57	45-48	54-57
<b>4XL</b>	58-61	49-52	58-61
<b>5XL</b>	62-65	53-57	62-65

**Inseam:** Regular: 32 Tall: 35

## Men/Unisex

	Chest	Waist	Hip
<b>XS</b>	33-35	24-26	33-35
<b>S</b>	36-38	27-29	36-38
<b>M</b>	39-41	30-32	39-41
<b>L</b>	42-45	33-36	42-45
<b>XL</b>	46-49	37-40	46-49
<b>2XL</b>	50-53	41-44	50-53
<b>3XL</b>	54-57	45-48	54-57
<b>4XL</b>	58-61	49-52	58-61
<b>5XL</b>	62-65	53-57	62-65

**Inseam:** Regular: 32 Tall: 35

Use this chart to determine your size. If one of your measurements is borderline between two sizes, order the smaller size for a tighter fit or larger for a looser fit.  
If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurements.

# SPI Garment Fit Guide Matrix



## TRADITIONAL CLASSIC: Generously cut for maximum comfort.



## MODERN CLASSIC: Contours the body with ease.



## CONTEMPORARY: Contoured to your curves.



ESSENCE



Lab Coats



GENFLEX



XTREME STRETCH



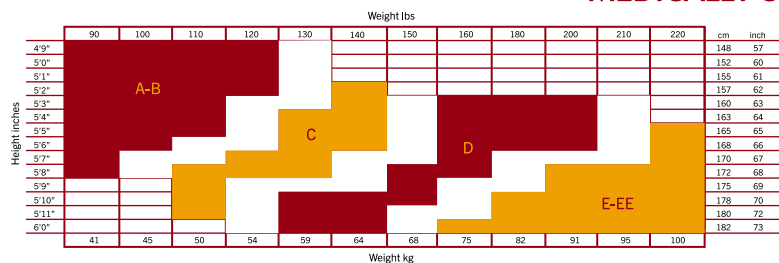
EVOLUTION NXT



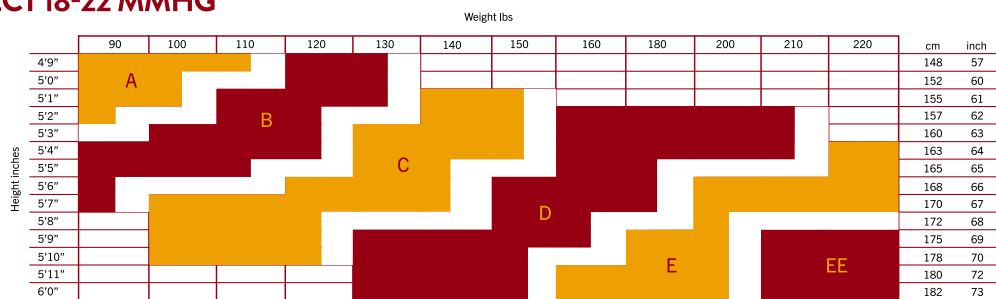
# Legwear Size Chart

**CHEROKEE**  
MEDICAL  
FOOTWEAR

## MEDICALLY CORRECT 18-22 MMHG

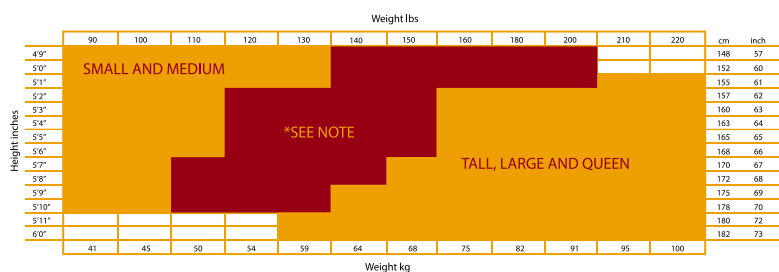


**KNEE-HIGH - 140 DEN**

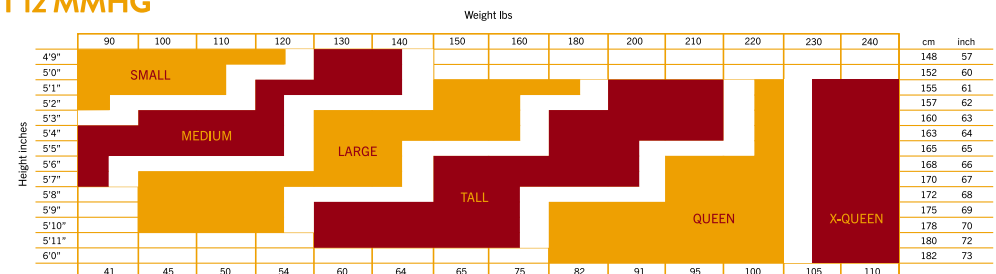


**PANTYHOSE - 140 DEN**

## TRUE SUPPORT 12 MMHG

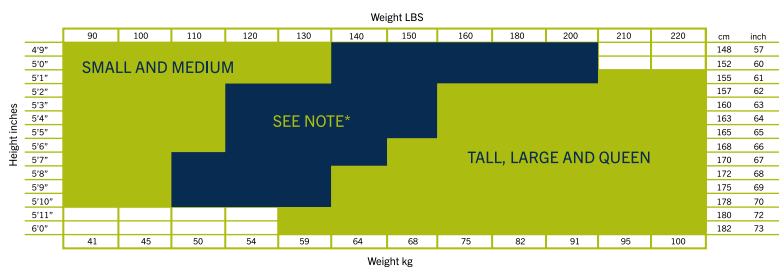


**KNEE-HIGH - 70 DEN**



**PANTYHOSE - 70 DEN**

## SHEER SUPPORT 8 MMHG



**PANTYHOSE - 50 DEN**

ANKLE SIZE

CALF SIZE

A	7"-8"	10"-13"
B	8"-9"	12"-15"
C	9"-10"	14"-17"
D	10"-11"	16"-19"
E	11"-12"	18"-21"

MEDISTOCK

# Sizing Chart: Compression Hosiery

Cherokee Gradient Compression hosiery offers three levels of support in stockings and socks to meet individual preferences and needs. Contemporary packaging is color-coded by support level, making it easy to find the right hosiery in the compression level and style you want.

## 140 DENIER Medically Correct (18-22 mmHg)

- Reduces swelling
- Reinforced toe with run-guard
- Improves circulation
- Aids in prevention of varicose veins and other circulatory ailments
- Massaging foot panel
- Made in Italy

## 70 DENIER True Support (12 mmHg)

- Reinforced toe with run-guard
- Improves circulation
- Reduces fatigue
- Soft and sheer
- Made in Italy

## 40 DENIER Sheer Support (8 mmHg)

- Reinforced toe for long wear
- Improves circulation
- Reduces fatigue
- Made in China

## KNEE-HIGHS

40 DEN Sheer Support 70 DEN True Support

**OS**  
One Size  
Fits All

### TROUSERSOCK

3 pair pack  
Size: OS



Hearts  
Gone Wild

**SMALL-MEDIUM**  
4'11"-5'10"  
(152-178 cm / 60-70 in.)  
90-140 lbs.  
(41-64 kg)



### YKHTS2

1 pair pack  
Sizes: S/M, L/Q



**TALL, LARGE AND QUEEN**  
4'11"-6'0"  
(152-182 cm / 60-73 in.)  
130-220 lbs.  
(59-100 kg)

140 DEN Medically Correct

**A-B**  
4'9"-5'8"  
(148-175 cm  
57-69 in.)  
90-130 lbs.  
(41-59 kg)



### MEDISOCK

1 pair pack  
Sizes: A, B, C, D, E



**C**  
5'2"-6'0"  
(157-182 cm  
62-73 in.)  
110-150 lbs.  
(50-68 kg)



**D**  
5'3"-6'0"  
(160-182 cm  
63-73 in.)  
130-210 lbs.  
(59-95 kg)

### YKHMCI

1 pair pack  
Sizes: A, B, C, D, E, EE



**E-EE**  
5'5"-6'0"  
(165-182 cm  
65-73 in.)  
150-220 lbs.  
(68-100 kg)

## PANTYHOSE

40 DEN Sheer Support

**SMALL-MEDIUM**  
4'9"-5'10"  
(148-178 cm / 57-70 in.)  
90-140 lbs.  
(41-64 kg)

**TALL, LARGE, QUEEN, and X-QUEEN**  
5'1"-6'0"  
(155-182 cm / 61-73 in.)  
120-220 lbs.  
(54-100 kg)

70 DEN True Support

**SMALL**  
4'9"-5'3"  
(148-163 cm  
57-62 in.)  
90-120 lbs.  
(41-54 kg)

**MEDIUM**  
4'9"-5'7"  
(148-170 cm  
57-67 in.)  
90-140 lbs.  
(41-64 kg)

**LARGE**  
5'1"-5'10"  
(155-178 cm  
61-70 in.)  
100-180 lbs.  
(45-82 kg)

**TALL**  
5'1"-5'11"  
(155-180 cm  
61-72 in.)  
130-210 lbs.  
(59-95 kg)

**QUEEN**  
5'1"-6'0"  
(155-182 cm  
61-73 in.)  
180-230 lbs.  
(82-105 kg)

**X-QUEEN**  
5'1"-6'0"  
(155-182 cm  
61-73 in.)  
230-240 lbs.  
(105-110 kg)

### YSHEERPH

1 pair pack  
Sizes: S, M, L, T, Q, XQ



### YTS070

1 pair pack  
Sizes: S, M, L, T, Q, XQ



140 DEN Medically Correct

**A**  
4'9"-5'3"  
(148-163 cm  
57-64 in.)  
90-110 lbs.  
(41-50 kg)

**B**  
4'9"-5'7"  
(148-170 cm  
57-67 in.)  
90-130 lbs.  
(41-60 kg)

**C**  
5'1"-5'7"  
(155-170 cm  
61-67 in.)  
100-150 lbs.  
(45-65 kg)

**D**  
5'2"-6'0"  
(157-182 cm  
62-73 in.)  
130-210 lbs.  
(59-95 kg)

**E**  
5'4"-6'0"  
(165-182 cm  
65-73 in.)  
160-220 lbs.  
(75-100 kg)

**EE**  
5'9"-6'0"  
(175-182 cm  
69-73 in.)  
200-220 lbs.  
(91-100 kg)



### YMC140

1 pair pack  
Sizes: A, B, C, D, E, EE



# Sizing Chart: THERAFIRM

FOOTWEAR  
& LEGWEAR

## THERAFIRM®

### WOMEN'S SUPPORT TROUSER SOCKS

TF902/TF953 Light Support 10-15 mmHg\*

Size	Ankle	Calf	Length	Shoe Size
<b>Small</b>	7.5"-9" (19-22 cm)	13"-15.5" (33-39 cm)	13"-19" (33-48 cm)	5.5-7.5
<b>Medium</b>	9.25"-10.75" (24-27 cm)	15"-17.5" (38-44 cm)	14"-20" (36-51 cm)	7-10
<b>Large</b>	9.50"-11" (24-28 cm)	17.75"-18.5" (45-47 cm)	14"-18" (36-46 cm)	8-11

### MEN'S SUPPORT TROUSER SOCKS

TF904 Light Support 10-15 mmHg\*

Size	Ankle	Calf	Length	Shoe Size
<b>Small</b>	9"-11" (23-28 cm)	11"-16.5" (28-42 cm)	12"-15" (31-38 cm)	7.5-10
<b>Medium</b>	10"-14" (25-36 cm)	12"-17" (31-43 cm)	13"-16" (33-41 cm)	10.5-12
<b>Large</b>	11"-15" (28-38 cm)	13"-19" (33-48 cm)	14"-18" (36-46 cm)	12.5+

TF685 Mild Support 15-20 mmHg\*

Size	Ankle	Calf	Length	Shoe Size
<b>Small</b>	6.25"-7.25" (16-18 cm)	11"-13.50" (28-34 cm)	12"-18" (31-46 cm)	4-5
<b>Medium</b>	7.50"-9" (19-22 cm)	13"-15.50" (33-39 cm)	13"-19" (33-48 cm)	5.5-7.5
<b>Large</b>	9.25"-10.75" (24-27 cm)	15"-17.50" (38-44 cm)	14"-20" (36-51 cm)	8-10.5
<b>X-Large</b>	11"-11.50" (28-29 cm)	17.75"-18.50" (45-47 cm)	15"-22" (38-56 cm)	11-12

TF691 Mild Support 15-20 mmHg\*, TF692 Moderate Support 20-30 mmHg\*,  
TF693 Firm Support 30-40 mmHg\*

Size	Ankle	Calf	Length	Shoe Size
<b>Small</b>	7"-9" (18-23 cm)	10.50"-15" (27-38 cm)	11"-14" (28-36 cm)	7 or less
<b>Medium</b>	9"-11" (23-28 cm)	11"-16.50" (28-42 cm)	12"-15" (31-38 cm)	7.5-10
<b>Large</b>	10"-14" (25-36 cm)	12"-17" (31-43 cm)	13"-16" (33-41 cm)	10.5-12
<b>X-Large</b>	11"-15" (28-38 cm)	13"-19" (33-48 cm)	14"-18" (36-46 cm)	12.5+

\*mmHg: The mean compression for an average ankle size

# Sizing Chart: THERAFIRM (cont.)

FOOTWEAR  
& LEGWEAR

## THERAFIRM®

### KNEE-HIGHS AND OPEN-TOE KNEE-HIGHS

#### TF330 Light Support 10-15 mmHg\*

Size	Ankle	Calf	Length	Shoe Size
<b>Small</b>	7"-8" (18-20 cm)	11"-15" (28-38 cm)	14"-16" (36-41 cm)	5-7
<b>Medium</b>	8"-9.50" (20-24 cm)	13"-16" (33-41 cm)	15"-17" (38-43 cm)	7-9
<b>Large</b>	9.50"-11" (24-28 cm)	15"-18" (38-46 cm)	16"-18" (41-46 cm)	9-10.5
<b>X-Large</b>	11"-12.50" (28-32 cm)	17.50"-20.50" (42-52 cm)	17.50"-19.50" (45-50 cm)	10.5-12

#### Moderate Support 20-30 mmHg\*

#### TF172 Knee-High Stockings and TF773 Open-Toe Knee-High Stockings | Unisex

Size	Ankle	Calf	Length
<b>Small</b>	6.25"-7.25" (16-18 cm)	10.50"-13" (27-33 cm)	11"-15" (28-38 cm)
<b>Medium</b>	7.50"-9" (19-22 cm)	11.50"-14" (29-36 cm)	12"-17" (31-43 cm)
<b>Large</b>	9"-10" (22-25 cm)	12.50"-15" (32-38 cm)	13"-18" (33-46 cm)
<b>X-Large</b>	10"-11.25" (25-29 cm)	13.50"-16" (34-41 cm)	14"-19" (36-48 cm)
<b>XX-Large</b>	11.25"-12.50" (29-32 cm)	14.50"-17" (37-43 cm)	16"-21" (41-53 cm)
<b>XXX-Large</b>	12.50"-13.75" (32-35 cm)	16.50"-20.50" (42-52 cm)	16"-21" (41-53 cm)
<b>XXXX-Large</b>	13.75"-15" (35-38 cm)	20"-24" (51-61 cm)	16"-21" (41-53 cm)

#### TF681 Mild Support 15-20 mmHg\*

Size	Ankle	Calf	Length	Shoe Size
<b>Small</b>	6.25"-7.25" (16-18 cm)	11"-13.50" (28-34 cm)	12"-18" (31-46 cm)	4-5
<b>Medium</b>	7.50"-9" (19-22 cm)	13"-15.50" (33-39 cm)	13"-19" (33-48 cm)	5.5-7.5
<b>Large</b>	9.25"-10.75" (24-27 cm)	15"-17.50" (38-44 cm)	14"-20" (36-51 cm)	8-10.5
<b>X-Large</b>	11"-11.50" (28-29 cm)	17.75"-18.50" (45-47 cm)	15"-22" (38-56 cm)	11-12
<b>XX-Large</b>	11.75"-12.75" (30-32 cm)	18"-19.50" (46-50 cm)	15"-22" (38-56 cm)	12+

#### Firm Support 30-40 mmHg\*

#### TF766 Knee-High Stockings and TF765 Open-Toe Knee-High Stockings | Unisex

Size	Ankle	Calf	Length
<b>Small</b>	6.25"-7.25" (16-18 cm)	10.50"-13" (27-33 cm)	11"-15" (28-38 cm)
<b>Medium</b>	7.50"-9" (19-22 cm)	11.50"-14" (29-36 cm)	12"-17" (31-43 cm)
<b>Large</b>	9"-10" (22-25 cm)	12.50"-15" (32-38 cm)	13"-18" (33-46 cm)
<b>X-Large</b>	10"-11.25" (25-29 cm)	13.50"-16" (34-41 cm)	14"-19" (36-48 cm)
<b>XX-Large</b>	11.25"-12.50" (29-32 cm)	14.50"-17" (37-43 cm)	16"-21" (41-53 cm)

### OPAQUE TIGHTS AND FOOTLESS TIGHTS

#### TF309/TF371 Light Support 10-15 mmHg\*

Small	Medium	Large
4'10"-5'4" 90-130 lbs.	4'10"-5'10" 100-160 lbs.	5'0"-6'0" 130-190 lbs.

\*mmHg: The mean compression for an average ankle size

# Sizing Chart: THERAFIRM (cont.)

FOOTWEAR  
& LEGWEAR

## THERAFIRM®

### PANTYHOSE

#### TF350 Light Support Pantyhose 10-15 mmHg\*

S	M	L	XL
4'10"-5'5" 95-125 lbs.	4'10"-5'9" 115-150 lbs.	4'11"-6'0" 145-180 lbs.	5'1"-6'0" 165-220 lbs.

#### TF680 Mild Support Pantyhose 15-20 mmHg\*

S	M	L	XL	XXL
4'11"-5'5" 90-130 lbs.	4'11"-5'7" 105-160 lbs.	5'1"-5'11" 125-165 lbs.	5'4"-5'11" 145-185 lbs.	5'0"-5'9" 170-220 lbs.

#### TF734 Moderate Support Pantyhose 20-30 mmHg\* | Unisex

Size	Ankle	Calf	Thigh	Hip	Waist	Length
<b>Small</b>	6.25"-7.50" (16-19 cm)	10.50"-13" (27-33 cm)	15"-18" (38-46 cm)	to 40" (to 102 cm)	to 30" (to 76 cm)	29"-35" (74-89 cm)
<b>Medium</b>	7.50"-8.75" (19-22 cm)	11.50"-14" (30-36 cm)	17.50"-20.50" (44-52 cm)	to 42" (to 107 cm)	to 33.50" (to 85 cm)	31"-37" (79-94 cm)
<b>Large</b>	8.75"-10" (22-25 cm)	12.50"-15" (32-38 cm)	20"-23" (51-58 cm)	to 44" (to 112 cm)	to 36" (to 91 cm)	33"-39" (84-99 cm)
<b>X-Large</b>	10"-11.25" (25-29 cm)	13.50"-16" (34-41 cm)	22.50"-25.50" (57-65 cm)	to 46" (to 117 cm)	to 38" (to 97 cm)	35"-41" (89-104 cm)
<b>XX-Large</b>	11.25"-12.50" (29-32 cm)	14.50"-17" (37-43 cm)	25"-28" (64-71 cm)	to 52" (to 132 cm)	to 44" (to 112 cm)	35"-41" (89-104 cm)

### THIGH-HIGHS

#### Moderate Support 20-30 mmHg\* and Firm Support 30-40 mmHg\*

TF742/TF767 Thigh-High Stockings (Unisex), TF741/TF768 Open-Toe Thigh-High Stockings (Unisex), and TF711 Thigh-High Stockings Lace-Top (Women's)

Size	Ankle	Calf	Thigh	Length
<b>Small</b>	6.25"-7.50" (16-19 cm)	10.50"-13" (27-33 cm)	15"-18" (38-46 cm)	23"-26" (58-66 cm)
<b>Medium</b>	7.50"-8.75" (19-22 cm)	11.50"-14" (29-36 cm)	17.50"-20.50" (44-52 cm)	23"-29" (58-74 cm)
<b>Large</b>	8.75"-10" (22-25 cm)	12.50"-15" (32-38 cm)	20"-23" (51-58 cm)	25"-31" (64-79 cm)
<b>X-Large</b>	10"-11.25" (25-29 cm)	13.50"-16" (34-41 cm)	22.50"-25.50" (57-65 cm)	27"-33" (69-84 cm)
<b>XX-Large</b>	11.25"-12.50" (29-32 cm)	14.50"-17" (37-43 cm)	25"-28" (64-71 cm)	29"-35" (74-89 cm)

#### TF684 Mild Support Thigh-High Stockings Lace-Top 15-20 mmHg\*

Size	Ankle	Calf	Thigh	Length	Shoe Size
<b>Small</b>	6.25"-7.25" (16-18 cm)	11"-13.50" (28-34 cm)	14"-15.50" (36-39 cm)	23"-25" (58-64 cm)	4-5
<b>Medium</b>	7.50"-9" (19-23 cm)	13"-15.50" (33-39 cm)	16"-17.50" (41-44 cm)	25"-28" (64-71 cm)	5.5-7.5
<b>Large</b>	9.25"-10.75" (23-27 cm)	15"-17.50" (38-44 cm)	17.50"-19" (44-48 cm)	28"-31" (71-79 cm)	8-10.5
<b>X-Large</b>	11"-11.50" (28-29 cm)	17.75"-18.50" (45-47 cm)	19"-21" (48-53 cm)	31"-34" (79-86 cm)	11+
<b>XX-Large</b>	11.75"-12.50" (30-32 cm)	18"-19.50" (46-50 cm)	21"-23" (53-58 cm)	34"-36" (86-91 cm)	11+

\*mmHg: The mean compression for an average ankle size

# Sizing Chart: THERAFIRM (cont.)

FOOTWEAR  
& LEGWEAR

## THERAFIRM®

### CORE-SPUN SOCKS

TFCS116, TFCS161, TFCS167, TFCS107, TFCS171, TFCS177, TFCS179, TFCS181, TFCS187, TFCS189, TFCS191 and TFCS197

Size	Ankle	Calf	Length	Men's Shoe	Women's Shoe
<b>Small</b>	6.5"-8.5" (17-22 cm)	11"-16.5" (28-42 cm)	12"-16" (30-41 cm)	7 or less	9 or less
<b>Medium</b>	8"-10" (21-26 cm)	12"-17.5" (31-45 cm)	13"-17" (33-43 cm)	7.5-10	9.5-12
<b>Large</b>	9"-11.5" (23-29 cm)	13"-19" (33-49 cm)	14"-18" (36-46 cm)	10.5-12	12+
<b>X-Large</b>	11"-15" (28-38 cm)	17"-23" (43-58 cm)	15"-20" (38-51 cm)	12.5+	-
<b>XX-Large</b>	13"-17" (33-43 cm)	18.5"-25.5" (47-65 cm)	16"-21" (41-53 cm)	12.5+	-

Ankle, calf and length are required for proper fit. Shoe size is provided as a reference only.

### SMARTKNIT® DIABETIC SOCKS

TF717

Size	Men's Shoe	Women's Shoe
<b>Small</b>	5-7	5-8
<b>Medium</b>	8-10	9-11
<b>Large</b>	11-13	12-14
<b>X-Large</b>	14+	-

### CORE-SPORT ARM SLEEVE

TF577

Size	Wrist	Elbow	Bicep
<b>Small</b>	5"-6.75" (12-17 cm)	7.50"-9" (19-23 cm)	9"-14.25" (23-26 cm)
<b>Medium</b>	5.50"-7.5" (14-19 cm)	9"-10.50" (23-27 cm)	9.75"-15" (25-38 cm)
<b>Large</b>	6.25"-8.25" (16-21 cm)	10.5"-12.25" (27-31 cm)	10.50"-15.75" (27-40 cm)
<b>X-Large</b>	7"-9" (18-23 cm)	12.25"-13.75" (31-35 cm)	11.50"-17" (29-43 cm)

### THERASPORT™

Light Support 15-20 mmHg\* TF374 Recovery Socks, TF674 Leg Sleeve

Size	Ankle	Calf	Length
<b>Small</b>	6.5"-8.5" (17-22 cm)	11"-16.5" (28-42 cm)	12"-16" (30-41 cm)
<b>Medium</b>	8"-10" (21-26 cm)	12"-17.5" (31-45 cm)	13"-17" (33-43 cm)
<b>Large</b>	9"-11.5" (23-29 cm)	13"-19" (33-49 cm)	14"-18" (36-46 cm)
<b>X-Large</b>	11"-15" (28-38 cm)	17"-23" (43-58 cm)	15"-20" (38-51 cm)

\*mmHg: The mean compression for an average ankle size